

Free2Move Classes and Workshops

Fourth Term 2021

DAY	CLASS TYPE	TIMES	DATES	DURATION	WITH	VENUE
MON	Feldenkrais for Every Body	6:15pm-7:05pm	11 Oct - 13 Dec	10 weeks	Jodie	ONLINE & in Person at 35 Sydney St
THURS	Pilates Level 1	9:30am-10:20am	14 Oct - 16 Dec	10 weeks	Jodie	In Person at 35 Sydney St
THURS	Feldenkrais for Stress & Anxiety	10:30am-11:20am	14 Oct - 16 Dec	10 weeks	Jodie	ONLINE & in Person at 35 Sydney St
SAT	Pilates Level 2	9:00am-9:50am	9 Oct - 11 Dec	10 weeks	Ali	In Person at The Chapel Space
SAT	Feldenkrais for Every Body	10:00am-10:50am	9 Oct - 11 Dec	10 weeks	Ali	In Person at The Chapel Space

EARLY BIRDS - pay by Friday September 24th and get \$20 off a full series PLUS 10 free classes

EXERCISE REHAB AT THE FREE2MOVE STUDIO

Mondays	9:15am-10:10am	11 Oct - 8 Nov 15 Nov - 13 Dec	\$72 - 76 per week 5 weeks	Jodie	Pilates Studio 150 Vincent St
Tuesdays	12:30am-1:25pm	12 Oct - 9 Nov 16 Nov - 14 Dec	\$72 - 76 per week 5 weeks	Jodie	Pilates Studio 150 Vincent St
Wednesdays	7:00am - 7:55am 8:00am - 8:55am 10:00am - 10:55am 11:15am - 12:10am 5:30pm - 6:25pm	13 Oct - 10 Nov 17 Nov - 15 Dec	\$72 - 76 per week 5 weeks	Ali Jodie	Pilates Studio 150 Vincent St
Thursdays	8:00am - 8:55am 10:00am - 10:55am	14 Oct - 11 Nov 18 Nov - 16 Dec	\$72 - 76 per week 5 weeks	Ali	Pilates Studio 150 Vincent St
Fridays	10:30am - 11:25am	15 Oct - 12 Nov 19 Nov - 17 Dec	\$72 - 76 per week 5 weeks	Ali	Pilates Studio 150 Vincent St
Saturdays	7:45am - 8:40am	9 Oct - 6 Nov 13 Nov - 11 Dec	\$72 - 76 per week 5 weeks	Ali	Pilates Studio 150 Vincent St

Early Birds price \$72 per week for 5 weeks (total cost \$380 or Early Birds \$360)

VISIT OUR WEBSITE free2move.com.au FOR PRICING PLAN DETAILS AND BOOKINGS

Book one class, attend a second class free every week (Conditions apply)

Early Bird rates available for payments made by Friday September 24th

New participants must book a 20 or 40 minute online assessment prior to classes

Class times and instructors may be subject to change

Enrolment is essential - to book go to our website: free2move.com.au

Or call 0405 97 22 11 / email enquiries: admin@free2move.com.au

See our [Troubleshooting Guide](#) if you have issues hooking up for online classes